
Marking Criteria

iUBT320 – Provide body massage

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal practical assessment. This will be undertaken by an internal assessor using the internal assessment forms. These must be handed to the external examiner on the day of the final external practical examination.

Learners will be expected to perform a Swedish massage treatment, including a 45 minute massage covering all areas of the body – back of the leg, back, front of the leg, abdomen, arm, and chest. Only one limb is required to be massaged in the examination, repetition on the opposite side is not required. Learners may reduce the number of repetitions of movements as the examination is a demonstration of their professionalism and their accomplished technique:

Practical skills examination sequence – approx. 45 minutes

- Consultation to be carried out prior to the exam
- Clients should be on the couch ready for the exam
- External examiner will see all areas of the body (back of the leg, back, front of the leg, abdomen, arm, and chest). Only one limb is required to be massaged in the examination, repetition on the opposite side is not required
- Clients should be helped off the couch
- Oral questions may be asked at any time during the examination
- Consultation forms must be filled in by each learner and made available for the external examiner to check. These should be reviewed and completed at the end of the treatment and will be taken away by the external examiner
- Learners will be expected to demonstrate excellent hygiene and client care throughout as well as competence in their relevant skills
- The external examiner may reduce the treatment timings, as the examination is a demonstration of the learner's professionalism and their accomplished technique
- Approximate time allocated for changeover of practical examination groups – 15 minutes

Learners must achieve a minimum of 3 marks for appearance and 3 marks for client care in order to pass the practical examination

Learners must be able to demonstrate the following:

Appearance – 5 marks (0.5 marks each)

1. Clean, ironed, professional uniform
2. Clean, neat hair – tied back/up if long and off the collar and face
3. Clean, short nails, well-manicured with no varnish and clean hands
4. Clean, sensible, full, flat shoes worn with socks or tights
5. Tights were an appropriate colour for the uniform, if wearing a skirt
6. No jewellery – with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
7. No body or breath odour

8. No chewing gum or sucking sweets
9. No visible underskirts/underwear
10. Trousers cropped no higher than calf/trousers not trailing on the floor and skirts to the knee

Client care – 5 marks (1 mark each)

1. Greeted and introduced self to client
2. Positioned self and client correctly throughout treatment
3. Explained the treatment procedures to the client
4. Ensured client's comfort/modesty, assisted them throughout treatment
5. Communicated and behaved in a professional manner throughout

Hygiene and sterilisation – 10 marks (2 marks each)

1. Followed health and safety working practices throughout
2. Used products, tools and equipment in a hygienic manner
3. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
4. Sanitised client's feet. Ensured footwear for client was stowed under the couch and that the client did not walk around with bare feet
5. Managed the treatment and working environment throughout

Preparation of treatment area and client – 5 marks (1 mark each)

1. Carried out a consultation, including body type and postural analysis
2. Discussed client's requirements and possible contra-actions to treatment
3. Explained any benefits, effects and limitations of the treatment and co-operation required
4. Selected products, tools and equipment to suit client treatment needs
5. Prepared work environment, self and client for treatment

Pressure – 10 marks (2 marks each)

1. Established client's preference regarding pressure of massage
2. Adapted the pressure to suit the client
3. Adapted the pressure to suit the area
4. Adapted the pressure to suit the movement
5. Moved the skin appropriately according to the movement applied

Effleurage – 10 marks (2 marks each)

1. Assessed areas to be treated for contra-indications
2. Maintained maximum contact with their hands and ensured the skin 'rippled' ahead of their fingers
3. Ensured the entire area was treated with effleurage
4. Applied the strokes with the direction of the blood flow
5. Maintained a slow and constant speed

Petrissage (kneading/frictions) – 10 marks (2 marks each)

1. Assessed areas to be treated for contra-indications
2. Performed movements displaying flexibility of the hands and wrists

3. Ensured the entire area was treated with petrissage
4. Moved the skin and muscles appropriately
5. Performed the movements in a rhythmical manner

Percussion – 10 marks (2 marks each)

1. Assessed areas to be treated for contra-indications
2. Performed movements displaying flexibility of the hands and wrists
3. Ensured the entire area was treated with percussion provided no contra-indications existed
4. Brought about an appropriate skin reaction
5. Performed the movements in a rhythmical manner, fast and audible when appropriate

Vibration – 10 marks (2 marks each)

1. Assessed areas to be treated for contra-indications
2. Performed movements using correct techniques
3. Ensured the movements were performed on suitable areas
4. Used vibration movements at appropriate times in the massage routine
5. Performed the movements in the correct manner, brisk and light

Passive – 5 marks (2.5 marks each)

1. Supported the joint appropriately
2. Manipulated the joint smoothly through an appropriate range of movement

Continuity of massage – 10 marks (2 marks each)

1. Maintained contact during massage of each area
2. Used effleurage to link movements
3. Performed the movements in a continuous, flowing, logical sequence and covered areas treated thoroughly
4. Demonstrated all classical movements, in the absence of contra-indications
5. Completed the massage in a commercially acceptable time

Posture – 5 marks (1 mark each)

1. Maintained appropriate posture throughout
2. Maintained appropriate position of shoulders and back
3. Maintained appropriate position of elbows
4. Demonstrated appropriate flexibility of knees
5. Demonstrated appropriate flexibility/position of back (stance)

After/home care advice – 5 marks (1 mark each)

1. Informed the client of short-term effects of treatment and recommended and provided immediate aftercare
2. Documented client response to treatment and client feedback
3. Reviewed the treatment plan, noting any treatment adaptations required
4. Recommended and recorded home care and product advice
5. Recommended and recorded follow on appointment(s)

Sample oral questions

1. What would contra-indicate massage of the lower leg?
2. How does a tense muscle feel?
3. How would you position a client with lower back stiffness for massage?
4. What sort of medium would be most suitable for an oily skin type?
5. Describe the contra-indications to this treatment
6. What aftercare advice would you give to the client?

Document History

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v1	16/01/20	First published	Subject Matter Expert- Assessment